A Description of a new kinde of Artificiall Bathes lately inuented.

WHich are euery way answerable vnto the ancient Bathes of the Græcians, and Romans for *the diuers vses*, though no way comparable to them for the excessiue charges, and vaine ostentation thereof; because those were built like Princes Pallaces, hauing distinct parts or offices, but these take vp no more roome then is necessary, which is not aboue sixe yardes in compasse, for the outward forme, like the body of a small Coach, either round or square couered all ouer with leather, velvet, or other stuffe, partly to keepe out the better cold ayre, and partly to keep in the hot vapours, and partly to adorne it; being framed with no great cost, and may daily be vsed vpon halfe an houers warning without any tedious combersomnes vnto the party bathing, or trouble to the seruants neare attending: which being placed in any chamber for the purpose close by the bed side yeeld forthwith at pleasure, foure kinds of seuerall heats, either altogether well mixed, or some of them apart more, or lesse, of the one, or of the other, whereby to augment, deminish, or correct any one of the first qualities, either actiue or passiue, and so consequently any one of the second, as occasion shall require by the counsell of the present Phisition.

1 First, a drie ayrie heate warming the cold moist ayre, and preparing the body for sweate by a cleane fire in one side.

2 Secondly, a moyst vaporous heate, by a sweet boyling perfume.

3 Thirdly, a drye vaporous heate, by a sweet burning perfume.

4 Fourthly and lastly, but cheifely a moyst heate by water, milke, oyle, or any other liquor simple or compound, which commeth at pleasure from all parts powering downewards, flying vpwards, sprinkling round about with many trickling streames like strong showres of raine by a continuall circular motion, and therefore penetrating and working more powerfully vpon all parts of the body, except the head; which is onely free for the benefit of fresh ayre, so coucrdly, that neither the party bathed, nor the attendants in the chamber can either see, heare, or well perceiue, how, from whence, or by what direct meanes the warme water, or liquor commeth, and goeth with such a manifold distribution, and speedy conueyance:

Besides fiue gallons of any deere liquor will bathe any man this way, as well as sixescore gallons otherwise, if not far better, and shall worke far sooner the intended effects, by reason that the water thus mouing without any labour or paines to the party bathed, actuateth more speedily, then when it standeth dull and vnmooued about the body.

Againe, all these rayning showres, by the turning of a key, may bee contracted into one maine currant; either directed vpon any part of the body within the baluiatory, or vpon the head without, if bucketing be needfull, or otherwise diuerted from all parts for the benefit of the hot vapours onely.

Againe, so great a streame (which is most profitable, and may be accounted a fift distinct heate) doth continually arise by this swift motion, that one gallon of the water, or more, in one houre, or lesse will euaporate vpon the body within insensibly.

All this while nature imbracing with delight these soft and pleasant imbracements, the party bathing, if he be weake by sicknes, may most easily without losse of strength, yeeld to and from the fire, or strong streames any part most affected turning himselfe by a smale inclination, or rather be turned by the circular motion of the turning stoole, on which with a Corke cushion, a large spunge, or a linnen bran-bag fastned, hee sitteth easily: if he be stronge, he may stand vpright with more pleasure and turne himselfe with more ease.

And if towards the end a short sprinkling of water somewhat cold, or luke warme be needfull, as for some respects it is much auailably, it may be done this way in a moment all ouer the body without feare of catching cold.

And lastly, the water ceasing his course, and at pleasure suddainly, as it were vanquising by the touch of a small thing, as before it came by the like touch, he may soone, safely, and easily be rubd, and made dry with warme clothes put in vnto him, and vpon him, and so steep into the warme bed adioyning.

Such as neuer were hitherto inuented, or put in practize by any Phisition or other whatsoeuer, if we consider all things which so plentiously euery way concurre to the making vp of these bathes, that for diuers peculiar respects they may seeme to deserue diuers peculiar names.

1 As first, from the circular motion of the bathing liquor, they may be called, *Balnea Circularia*, circular bathes.

2 Secondly, from the manifold streames, and trickling showres, *Balnea Pluuialia*, rayning bathes.

3 Thirdly, from the contraction of all the little streames into one currant *Balnea Embrocatiua*, embrocatiue, or spout-bathes.

4 Fourthly, from the triplicity of the prædominant steames, and hot vapours *Balnea Vaporosa*, vaporous bathes.

5 Fiftly, from the multiplicitie of heats, and variety of matter, *Balnea Diacatholica*, diacatholike bathes.

6 Sixtly, from the diuers faculties, and contrary effects *Balnea Catholica*, catholike or vniuersall bathes.